



Thai Glazed Duck Breast

with Ginger-Garlic Rice & Broccolini

Grab your Meal Kit
with this symbol



Garlic



Ginger



Chicken-Style Stock Powder



Jasmine Rice



Duck Breast



Thai Seven Spice Blend



Broccolini



Spring Onion



Oyster Sauce

Hands-on: 30-40 mins
Ready in: 40-50 mins

Elegant and impressive yet without all the fuss! Beautifully glazed duck breast with soy broccolini and aromatic ginger-garlic rice make for a fantastic special occasion dinner that's sure to make jaws drop the moment you serve up.

Pantry items

Olive Oil, Butter, Soy Sauce,
Brown Sugar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan with a lid · Large frying pan ·
Oven tray lined with baking paper

Ingredients

	2 People refer to method	4 People refer to method
olive oil*	3 cloves	6 cloves
garlic	1 knob	2 knobs
ginger	20g	40g
water*	1 1/4 cups	2 1/2 cups
(for the rice)		
chicken-style stock powder	1 sachet	1 sachet
jasmine rice	1 packet	1 packet
duck breast	1 packet	2 packets
Thai seven spice blend	1 sachet	1 sachet
broccolini	1 bunch	2 bunches
spring onion	1 stem	2 stems
oyster sauce	1 packet (45g)	1 packet (100g)
soy sauce*	1 tsp	2 tsp
brown sugar*	1/2 tbs	1 tbs
water*	1/4 cup	1/2 cup
(for the sauce)		

*Pantry items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3841kJ (918Cal)	894kJ (213Cal)
Protein (g)	33.7g	7.8g
Fat, total (g)	64.7g	15.1g
- saturated (g)	19.7g	4.6g
Carbohydrate (g)	78.2g	18.2g
- sugars (g)	9.1g	2.1g
Sodium (mg)	1910mg	444mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

Fancy a drop?

We recommend pairing this meal with Pinot Noir or Shiraz



Cook the garlic & ginger rice

Preheat the oven to **200°C/180°C fan-forced**. Finely chop the **garlic**. Grate the **ginger**. In a medium saucepan, melt the **butter** and a dash of **olive oil** over a medium heat. Cook 1/2 the **garlic** and 1/2 the **ginger** until fragrant, **1-2 minutes**. Add the **water (for the rice)** and **chicken-style stock powder** and bring to the boil. Add the **jasmine rice**, stir, cover with a lid and reduce the heat to low. Cook for **12 minutes**, then remove the pan from the heat and keep covered until the rice is tender and all the water is absorbed, **10-15 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!



Cook the duck

While the rice is cooking, pat the **duck breast** dry, then rub the **Thai seven spice blend** on both sides of the duck. Season with **salt**. In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Place the **duck**, skin-side down, in the hot pan. Cook until the skin is golden, **4-5 minutes**, then turn and brown the flesh side for **3-4 minutes**. Transfer to an oven tray lined with baking paper, leaving the residual duck fat in the pan, then roast for a further **8-10 minutes**. When the duck is done, transfer to a plate to rest for **5 minutes**.

TIP: You'll use the duck fat in step 4!

TIP: The spice blend will char slightly in the pan, this adds to the flavour!



Prep the greens

While the duck is cooking, slice the **broccolini** in half lengthways. Thinly slice the **spring onion**.



Cook the broccolini

While the duck is resting, return the frying pan with the residual duck fat to a medium-high heat (no need for olive oil!). Cook the **broccolini** until just tender, **4-5 minutes**. Transfer to a plate and season with **salt** and **pepper**.

TIP: Cooking the broccolini in the duck fat adds to the flavour!



Make the glaze

In a small bowl, combine the **oyster sauce**, **soy sauce**, **brown sugar**, **water (for the sauce)**, any **duck resting juices** and the remaining **ginger** and **garlic**. Return the frying pan to a medium-high heat. Cook the **glaze mixture** until bubbling and slightly thickened, **1-2 minutes**.



Serve up

Slice the Thai-spiced duck breast. Divide the garlic-ginger rice, broccolini and duck between plates. Spoon over the glaze. Garnish with the spring onion.

Enjoy!